



Valley United Soccer League

Rules and Regulations

Version 2.20

2026

Record of Change

| Version Number | Date | Description of Change |
|----------------|------|--|
| 1.0 | 2009 | <ul style="list-style-type: none"> ● Original Version |
| 2.0 | 2024 | <ul style="list-style-type: none"> ● Complete review and re-write |
| 2.01 | 2024 | <ul style="list-style-type: none"> ● Added back requirement for flags which had inadvertently been removed. |
| 2.1 | 2025 | <ul style="list-style-type: none"> ● Updated name of district to current iteration ● Eliminated Mercy Rule ● Additional definitions listed ● Clarified difference between “playing-up” and “call-up.” ● Established rules around call-ups within the same division. ● Removed unclear wording regarding removing a team from play (10.5) ● Revised Rescheduling Procedure ● Clarified procedure differences for “Failure to Appear” between Youth and Grassroots divisions. ● Additional equipment requirements per the LOTG and best-practices ● Added Player ID to Grassroots ● All divisions now present two game sheets. ● Removed goal differential as a tie-breaker for season standings. Created a new tie-breaker process. |
| 2.13 | 2025 | <ul style="list-style-type: none"> ● Corrected Ref Assignor’s email address ● Added retreat line for U12 ● Added dribble-in for U10 |
| 2.2 | 2026 | <ul style="list-style-type: none"> ● Eliminate requirements for captains and captains arm bands. ● Updated U9-U12 roster limits to align with Ontario Soccer. ● Updated various minor references to align with Ontario Soccer. ● Clarified how divisions are determined. ● Aligned substitution of the goalie with the LOTG. ● Changed penalty for refusing to replay a game. ● Added uniform requirement for match officials. ● Updated water break procedure. ● Removed retreat line for U12 per Ontario Soccer procedures |

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1. FOUNDING PRINCIPLES

VUSL was founded in 2009. Its formation was based on two principles designed to enhance its viability in this large and sparsely-populated area, and which differentiate the league from its predecessor and most others.

Everybody plays. The minor soccer clubs in Renfrew County are too small to each offer a gender-specific house league for age groups U9 - U18. The primary role of VUSL is to replace these club house leagues. Therefore, VUSL commits to offering a house-league-style of soccer for U9-U18-aged players, and is open to players of all abilities.

Minimum travel. The minor soccer clubs in Renfrew County cover a large area. Travel between communities is a deterrent to some potential soccer families. The VUSL will use game schedules designed to minimize the travel required. One way to accomplish this is to have teams from the eastern and western parts of the County play each other only on weekends, and each play multiple games in one location on one day-

As times change, so do the preferences of families. Over time dividing the county into east and west was discontinued for U12 and up and in 2024 it was discontinued completely.

However, **EVERYBODY PLAYS** still remains the foundational mandate of the league and every attempt possible is made to include as many players as possible each season.

2. JURISDICTION

The Rules and Regulations contained within this document are subject to

- IFAB's Laws of the Game
- Canada Soccer Policies and Procedure
- Ontario Soccer Operational Procedures
- Eastern Ontario Soccer Rules and Regulations

Except when dispensations or exceptions have been granted by the appropriate authority.

3. ABBREVIATIONS AND DEFINITIONS

- EOS Eastern Ontario Soccer
- LMS League Management System
- OS Ontario Soccer
- STRP Short Term Registration Permit
- TEP Temporary Eligibility Permit
- TRR Team Roster Report

- Default An unplayed game that is recorded as a loss rather than a forfeit. This occurs when the defaulting team's coach notifies the scheduler and the opposing team's coach at least 24 hours before the scheduled game time. The team defaulting will receive the loss with no additional penalty.

- Forfeit A forfeit occurs due to a team not being able to field the minimum number of players within 15 minutes after the scheduled kickoff time. A forfeit also occurs when a team refuses to play a rescheduled game or when a match official has instructed it to play a game.

- Playing Up When a player is permanently placed in a higher division for the season and may not play back down to their natural age division. Grassroots (through U12) players are restricted from playing up without an evaluation by an Ontario Soccer recognized credential holder. There are no restrictions on youth players.

- Fast-tracking Fast-tracking is the evaluation process for playing up.

- Called Up A player is "called up" when they play for a different team within their own club that is either one division below or the same division for a single game or event.

- Game A match between two teams scheduled by the league conforming to the appropriate Operational Procedures of Ontario Soccer and the Rules and Regulations of the league.

- Scrimmage An informal match between players played during training sessions.

4. TEAMS

4.1. APPLICATIONS

Team applications shall be made on or before April 15th of each calendar year for the current season.

Acceptance of any late application will be at the discretion of the League. In making its decision to accept any such application the League will be guided by such matters as the need to create viable balanced divisions, the convenience of teams that have met the deadline for entry, the existence of playing facilities, past financial and discipline performance of the Club and team, and the administrative cost of revising schedules, etc. Any approved late applications will be subject to a late fee.

4.2. FEES AND FINES

Clubs must submit any current league membership, plus any outstanding fines, fees and penalty fees from the previous seasons on or before April 15.

Any Club/team whose cheque is returned by the bank because of insufficient funds will be charged an administrative fee in addition to the amount of any fee charged by the bank.

4.3. ADMITTANCE GUIDELINES

Youth teams must register in the age category in which the players are registered. Teams wishing to play at a higher age level than that for which their age qualifies them are required to make a special submission in writing, justifying special consideration.

In all cases the League will consider the possible effect of granting special permission on all others concerned including the viability of the division in which the team is wishing to play. The interests of the organization will be given greater consideration than those of the team asking for special consideration.

4.4. TEAM WITHDRAWAL

Teams that are withdrawn after May 1st shall be liable for the full league team entry fee established for the category/division in which they have been entered plus an administrative fee. The Club's liability will include any unpaid and outstanding balance due on the above.

4.5. DEFUNCT TEAMS

A team withdrawing from the League, a team failing to fulfill 2 consecutive scheduled games, or a total of 4 scheduled games in a season; or a team under disciplinary action which results in their failing to fulfill 2 consecutive, or a total of 4 games shall be considered as defaulting the season and withdrawn (where they have not already done so). The entire record for the

season for that team will be expunged from the division standings. All fees will be forfeited for the season and an administrative fee as per the fee schedule shall be levied.

4.6. NAMING CONVENTION

Each team will be identified by the following naming convention:

Club name (or acronym), Gender (M, F, or C), YOB, League, Age and Division, Team Identifier (optional).

Examples for teams registered in 2019:

- a) PMSC F2004 VUSL U15 Yellow 1
- b) PMSC F2004 VUSL U15 Yellow 2
- c) DRAMSC M2004 VUSL U15 Red
- d) RMSC F2004 VUSL U15

4.7. ONTARIO SOCCER REGISTRATION

It is the club's responsibility to ensure the team name is created in Ontario Soccer's current Player Registration System, with the above criteria by the first day of the upcoming season. If not, the affected teams may be removed from the League.

4.8. PLAYER ASSIGNMENTS

When a member club enters one or more teams in a given recreational division of the League, all registered players must be registered with a team and participate in League play within their respective divisions.

4.9. TEAM BALANCE

Each member club will make every reasonable effort to create and field fair and balanced teams.

5. FIELDS

It is the responsibility for all clubs with teams playing in the League, who provide their own fields, to have their field allocations to the League by April 15 of the upcoming outdoor season. If not provided by April 15, the affected teams may be removed from the League.

6. CATEGORIES AND DIVISIONS

6.1. The League will operate as a Local Interlock League and may include Divisions in the following categories as applicable in accordance with Ontario Soccer Published Rules:

- a) Grassroots Soccer Boys (U9 – U12)
- b) Grassroots Soccer Girls (U9 - U12)

- c) Soccer for Life Youth Boys (U13 – U18)¹
- d) Soccer for Life Youth Girls (U13 – U18)

- 6.2.** All categories will be divided into age groups recognized by Ontario Soccer.¹
- 6.3.** Age groups will be determined by total registration numbers of all clubs with the goal of finding a team for as many, if not all, registrants. Grassroots may band two years maximum. Youth may band up to three years (i.e. U16-U18). Each age group may have more than one division, which may be subdivided to accommodate travel as required for each season. Acceptance of teams is to be made by the League. The League reserves the right to determine the final number of teams in each age category and division.

7. REGISTRATION OF PLAYERS

- 7.1.** All players shall be registered in accordance with Ontario Soccer and EOS regulations.
- 7.2.** All youth players, at the time of their registration, shall have an indemnity form signed by their parent(s) or guardian(s) which will absolve and save harmless the League, its governing bodies and any of its agents, coaches, administrators or organizers from responsibility in case of accidents causing injury. Responsibility for ensuring that indemnity releases are obtained shall rest solely with the Clubs with whom the players are registered. The forms shall be held by the Clubs and shall be valid for one playing season.
- 7.3.** Any team playing a player not registered in accordance with the Ontario Soccer's Published Rules or one who is ineligible to compete at the level of the team, or a player who is serving a "time suspension" as a player or from all soccer activity, or is specifically suspended for the game(s) in question shall forfeit all games in which he/she participates and face disciplinary action.
- 7.4.** Any player listed on the game sheet is deemed to have played in the game, except if a line is struck through the player's name or the words "suspended", "suspension" or "under suspension" is written beside the player's name. Where a suspended player's name appears on the game sheet without the above notation the player will not be able to claim that he/she sat out a game of his/her suspension.
- 7.5.** Any team playing such an ineligible player may be subject to discipline action in addition to the forfeiture of points. The case will be referred to the EOS which will impose further penalties as warranted against Club and Team officials as prescribed by Ontario Soccer's discipline regulations.
- 7.6.** Any team playing an ineligible player under the name of one of its registered players will be subject to the above penalties as well as possible expulsion from the League competition.

¹ Exception made for 2026 as U13 is now considered Grassroots

8. PLAYER MOVEMENT

8.1. PLAYING UP

Playing of players at a higher age and/or competitive level (playing up) in Grassroots is only permitted in League competition in accordance with Ontario Soccer's Published Rules.

8.2. CALL-UP (Applies to Youth Divisions only)

8.2.1. A Youth player may play for a team to which he/she is not registered only under one of the following conditions:

- a.) He/she is an approved call-up (see 8.2.2)
- b.) He/she plays with a "Trial Permit" (see 8.3)

8.2.2. Call-ups are controlled through the LMS:

- a.) Once a team official requests a call-up through the LMS, their Club must approve the call-up in the LMS.
- b.) Once the call-up is Club approved, the player's name will appear on the game sheet with an indication that they are a call-up.
- c.) In addition to being printed on the game sheet, a copy of the TRR for the team for which the player is registered must be presented at the game for the player to be eligible to play.

8.2.3. Call-ups are allowed only to bring a team to the game format plus one, i.e. an 11v11 game would allow enough call-ups to field 12 players. A majority of the players must be from the team doing the call-up, i.e. 7 U18 players and 5 U15.

A call-up may come from a team one division below or the same division provided the player's own team does not have a concurrent game. A boys' team may call-up from a girls' team, but in complying with OS Published Rules, a girls' team may not call-up from a boys' team.

8.2.4. A team may call up the same player only twice.

8.3. TRIAL GAMES

Any player not registered with any club must use a Trial Permit in accordance with OS Published Rules.

8.4. TRANSFERS

Transfers shall be in accordance with OS Published Rules.

9. RESPONSIBILITIES OF TEAM OFFICIALS

- 9.1. All coaches for Ontario teams must be certified according to the Ontario Soccer's Published Rules and all coaches must be registered with Ontario Soccer.
- 9.2. For every game, a properly registered individual shall be designated by the Club as team coach. The coach is responsible for the conduct of his/her team.
- 9.3. The names of all team officials present must be entered on the game sheet. Irrespective of 10.7, no individual not listed on the game sheet may be in the bench area. If a team official is absent, the name must be crossed out or the official will be deemed to have been present.
- 9.4. No coach, manager, trainer or other Club/team official may enter the field of play unless requested to do so by the match official as per LOTG Law 12.3.
- 9.5. No coach or manager has the right to withdraw his or her team from the field of play without the approval of the match official.
- 9.6. Objectionable conduct by a coach or any team official may result in the coach or team official being warned, caution, sent off, and reported by the match official to the League and EOS, and may be subject to further disciplinary action in accordance with LOTG 12.3.
- 9.7. The home team shall assign the two team "benches" to separate areas on the same side of the field. Technical areas will be marked by paint or discs in accordance with LOTG 1.9. Coaches shall restrict their activities to their own bench area. **Each team shall be responsible for restricting their spectators to the opposite side of the field from the teams.** Children of team officials under the age of 12 will be entitled to remain in the immediate area of their team bench.
- 9.8. Club and team officials are fully responsible for the conduct of their players, officials and spectators at, and at the vicinity of games in which they participate.

10. EQUIPMENT

- 10.1. All teams shall register their colours when initially applying to the League.
- 10.2. Where, in the opinion of the match official, a similarity of colours could be confusing, the home team shall change providing the visiting team's colours are as listed with the League. If not, the visiting team shall change. It is the responsibility of the coach of the team that is required

to change to have alternate shirts or pinnies ready.

- 10.3.** In all League games shirts must be numbered, except for goalkeepers' jerseys which may or may not be numbered. No two players of the same team may wear the same number. The player's number shall be indicated on the Game Report beside his/her name and no player shall change his/her number during the course of the game without the permission of the match official, with the exception of a substitution of the goalie. The match official must be informed of the change as per

LOTG Law 3 4: Any of the players may change places with the goalkeeper if:

- The referee is informed before the change is made
- The change is made during a stoppage in play.

- 10.4.** The League shall not enforce the use of captain's armbands in any division.

- 10.5.** Pinnies or bibs shall be worn by players on bench or on the sidelines to easily differentiate them from players on the pitch.

- 10.6.** Baseball and football cleats or any other cleats with a toe stud are not acceptable footwear and will not be permitted.

- 10.7.** Each home team shall provide, and have put in place
- Two good regulation size nets at all home games
 - Four corner flags no less than 5 feet in height (above the ground) as per LOTG Law 1.8.
 - A properly inflated ball of regulation size
 - U9-U12: Size 4
 - U13-U18: Size 5

- 10.8.** Teams shall be ready 10 minutes prior to kick-off for a mandatory equipment check done by the match official as per LOTG Law 4.1. Halves will be reduced to respect scheduling if teams are not ready for equipment check and it delays kick-off.

- 10.9.** Every team shall ensure that an adequate first aid kit and someone to use it at each game.

11. SCHEDULING

The League shall recognize for the purpose of scheduling:

- a) Canada Soccer and Ontario Soccer sanctioned Cup competitions;
- b) Local tournaments that are sanctioned by the EOS, provided that the EOS is given notice before May 1st of each year;
- c) Games will not be scheduled July 1 or the August Civic holiday;

- d) When preparing the schedules, the League will make every effort to avoid scheduling youth games that will conflict with graduation dates or high school soccer games.

12. DEFAULTS, FORFEITS AND ABANDONED GAMES

12.1. FAILURE TO APPEAR – YOUTH DIVISION

- 12.1.1.** Any team which fails to field the allowable minimum number of players within fifteen (15) minutes after the scheduled kickoff time shall be considered to have failed to appear and they shall forfeit the game. Forfeiting team(s) shall be subject to fines and responsible for the remuneration of the match officials. In all categories the score will be recorded as 2 - 0 for their opposition.
- 12.1.2.** If both teams fail to appear, both teams will be subject to corrective action fines as per the fee schedule. There shall be no points and no score for the game but each team will have one loss added to its record.
- 12.1.3.** Teams must notify the League and opposing team at least 24 hours prior to the scheduled kick-off if they are unable to field a team. If less than 24 hours is provided, the team shall be deemed to have defaulted the game and the score recorded accordingly as 2-0. Defaulted games will not be rescheduled.
- 12.1.4.** The Board may order a defaulted game rescheduled where:
 - a.) the defaulting team benefits from having defaulted, or
 - b.) a team other than the defaulting team is adversely affected by the default.
- 12.1.5.** Any team which refuses or is unable to replay the game shall be considered to have forfeited the game and the score will be recorded as 2 - 0 for their opposition.

12.2. FAILURE TO APPEAR – GRASSROOTS DIVISIONS

- 12.2.1.** The guiding principle shall be for reasonable attempts to be made to allow the game to proceed.
 - 12.2.2.** Any team that does not have the minimum number of players to proceed with a game may borrow enough players from the opposing team to bring it to the minimum number. The borrowing team shall wear pinnies to help the opposing team differentiate between its own players and those that have been loaned.
 - 12.2.3.** If neither team has enough players to proceed with a game, the game shall be abandoned.
- 12.3.** “Scrimmages” are not permitted in place of abandoned games in any division.

- 12.4.** If a game is abandoned by the match official for reasons of weather, including visibility, or field conditions before the completion of 2/3 (two-thirds) of the normal playing time for that division it may be rescheduled.

Games abandoned in the final 1/3 (one-third) of the normal playing time will be considered complete.

Inclement weather (rain or snow) is not, by itself, sufficient grounds for cancellation but a game shall be delayed, if thunder is heard or lightning is seen as per Canada Soccer Thunder Policy, and if it can be done so safely, at least until danger passes (30 minutes after last thunder is heard / lightning is seen whichever occurs last).

- 12.5.** The match official is the sole judge of postponing/abandoning a game due to the absence of equipment, field markings etc., except in the case of valid player identification.
- 12.6.** Match Officials and coaches are subject to any supplementary rules set by field owners (such as school boards, cities, etc.).
- 12.7.** If the match official is required to abandon a game at any time for any reason other than noted above, the Board will determine the outcome of the game. If warranted, such decision may wait until any related discipline matters are decided
- 12.8.** The Board reserves the right to rule on the status of any game abandoned for whatever reason.

13. RESCHEDULING

- 13.1.** Games will be rescheduled in the following instances:
- a.) The assigned match official does not appear for the match and no suitable stand-in official is available or agreed upon at the field per Ontario Soccer Operational Procedures Section 10 Procedure 1.3;
 - b.) The match official judges the field to be unfit for play. If this is due to a club field not being lined properly (including, but not limited to: technical area, minimum touchline, goal line, penalty area, and halfway lines), the Board may issue a fine against the offending Club;
 - c.) There are weather factors, such as an electrical storm, which in the opinion of the match official, warrant not playing the game or its abandonment (LOTG 5.7)
- 13.2.** Rescheduling will be done cooperatively between the two teams.
- a.) Teams will have two weeks to provide the League with a new date for the rescheduled game.

- b.) It is the responsibility of the home team to convey the new date to the League.
- c.) If no new date is received by the League after two weeks, the League will choose a date and that date will stand.

13.3. SPECIAL NEEDS

Once the season has begun, teams will be allowed to reschedule a maximum of two (2) games for the following reasons and provided official notification signed by the Club President, or recognized Club contact, has been received by the League office TWO (2) WEEKS PRIOR TO THE ORIGINALLY scheduled game:

- a.) teams wishing to take part in all approved tournaments and where necessary with authorized travel provided by EOS;
- b.) school activities during the months of May, June, and September;
- c.) two or more players are involved with a Canada Soccer, Ontario Soccer or EOS program

Upon League approval of a reschedule request as outlined above, both teams must provide a date, time and field to reschedule on within two (2) weeks after the originally scheduled date for consideration. If no information is received after this two (2) week period the League will reschedule the game without the teams' consideration.

14. POSTPONEMENT OF GAMES

- 14.1.** Notification of League postponements shall be made to both teams at least 24 hours before the game, except in those cases where a Field Permit issuer declares the field unusable where there may be no prior notice.

Notification shall be made by telephone or email using the Club/Team listings in the LMS. The accuracy of club contact information is the responsibility of the Clubs.

- 14.2.** In the event of a significant weather event, where League policies have been triggered (humidex, smoke, etc.); the cancellation of games will be made at the latest 90 minutes prior to start of play and the League will endeavor to reschedule the game at a later date.

15. PLAYER IDENTIFICATION AND ROSTER CHECKING

- 15.1.** Player Identification and Roster Checking for **all** divisions will be in accordance with the Ontario Soccer's Published Rules for Youth division games. Valid player identification is the teams' TRR. When a call-up is used, the TRR of the guest player should also be available. See **Appendix B** for the checking process.
- 15.2.** A permit (if applicable) for every guest player must be available at every game in which he/she

participates. The team official(s) shall verify player identification of the opposing team against the game sheet before the start of every game.

- 15.3. Team officials must present the game sheets and players to the match official(s) at least ten (10) minutes before the scheduled start for the game official to verify the game sheet. The sheet(s) should then be returned to the team officials until half time to allow for late arrivals. Team officials still have the right to verify the official roster during this process. However, roster verification by team officials will not be permitted to delay the start of the game. Team officials must sign the Game Sheet to confirm player eligibility.
- 15.4. Where one team does not have valid player identification and players to start the game at the scheduled kick-off time or within 15 minutes after the scheduled kick-off time, the game will not be played. **The team without valid player identification will be considered in default and the points awarded to the opposing side.** If the game is (for whatever reason) started, the team with valid player identification will be considered to have waived any right of protest on the grounds of player ineligibility and the final result will stand subject to receipt of a valid protest on other grounds.
- 15.5. Where one team questions the legitimacy of their opposition's players' eligibility, identifications, permits, etc, as presented at the field prior to game time, this must be noted by the match official and the game shall be played. The complaining team should protest according to the normal protest procedures.
- 15.6. Players who arrive after the first half has started but before the start of the second half ARE eligible to play immediately after an equipment check is carried out by the match official (LOTG Law 4.1) and the game official will verify the valid player identification eligibility for such players at half time. Players arriving after the second half has started are NOT eligible to play. Coaches should not cross out the name of potential late arrivals until half time Game sheets shall then be given to the match officials.
- 15.7. Any club official, team official, or player involved in the harassment of the game official(s) with regards to the above rules will be subject to disciplinary action, fees in accordance with the fee schedule and possible expulsion from the League.

16. NUMBER OF PLAYERS, ROSTER SIZE, AND SUBSTITUTION

16.1. U9 AND U10 DIVISIONS

The game is played with a minimum of 5 players and not more than 7 players per team. The maximum number of players on the game sheet shall be 14 per team, unless a special dispensation is granted from OS. The maximum number shall then be 15 per team.

Special dispensations are obtained prior to the season by petitioning the EOS administration who will appeal to Ontario Soccer on the league's behalf.

16.2. U11 AND U12 DIVISIONS

The game is played with a minimum of 6 players and not more than 9 players per team. The maximum number of players on the game sheet shall be 18 per team

16.3. YOUTH DIVISIONS

The game is played with a minimum of 7 players and not more than 11 players per team. The maximum number of players rostered on the game sheet shall be 20 per team. A special dispensation may be granted from OS or EOS to provide a higher maximum.

16.4. In any case where kickoff has been delayed due to either or both teams having fewer than the minimum number of players, the game will kick off as soon as both teams can field the specified minimum number for that category. If unable to start within fifteen (15) minutes of the scheduled start, the game will be abandoned and a report filed with the League.

16.5. SUBSTITUTIONS

Substitutions shall be allowed on the signal of the match official at halftime, goal kicks, after a goal or to replace an injured player. Substitutions are allowed on a team's own throw-ins. If the team with the throw-ins makes a substitution, then the other team may make a substitution as well.

16.6. A team may change its goalkeeper for any player already on the field at any stoppage in play provided proper notice is given to the match official in accordance with LOTG 3.3.

17. DURATION OF GAMES

17.1. Games shall be of the following duration:

| | |
|---------------------------|----------------------|
| Under 9 and U10 | 25 minutes each half |
| Under 11 and U12 | 35 minutes each half |
| Under 13 and Under 14 | 40 minutes each half |
| Under 15 through Under 18 | 40 minutes each half |

17.2. On days when teams play more than one game, then the schedule will specify game durations that conform with Ontario Soccer's Festival Guide (U9-U12) or Procedure 5.9 of Ontario Soccer's Operational Procedures (U13-18).

18. GAME SHEETS

18.1. **All divisions:** Two printed copies of League Game Sheets per team are required.

Sheets must contain a printed list of:

- all registered players' full names (first and last names)
- their Ontario Soccer registration numbers
- their year of birth

- their jersey numbers (last minute changes may be penciled in after crossing out the original number)
- all game related information (Division, Date, Team Names, and location, etc.)
- goalkeeper(s) identified by a GK (handwritten is acceptable) by their name
- names of all team officials
- **Signature of the qualified and registered coach present at the game (may be added at end of game)**

Exception

Handwritten information is only permissible when permission is granted by the league administrator or a league officer under exceptional circumstances. That permission was given should be noted on the game sheet with the name of the person giving it.

18.2. Attached permits, etc., must be provided to the game official prior to the start of the game.

18.3. Any player listed but not in attendance must have a line through their name or he/she is deemed to have played that game. Any player under suspension must have the word “suspension” printed besides his/her name on the game sheet or he/she is not considered to have sat out the game. Failure to identify players under suspension may result in disciplinary action by the League.

18.4. Failure of a team to properly fill in a game sheet as noted above will result in the team being subject to fees as per the fee schedule.

19. POST-GAME

19.1. The match official will provide each team with one completed copy of their respective team sheets.

The match official will return a signed copy to the League with any required reports through RefCentre or the current match official management platform.

19.2. The coach or manager of both teams shall confirm the score to the League upon completion of the game either via the LMS or email to the league administrator within 24 hours.

19.3. In the event a team official neglects to submit a game report as defined above, the team and/or club may be subject to fines as per the fee schedule.

19.4. Should no one notify the office of the game result within five (5) days, the game may be recorded as not being played with no points being awarded to either team and both teams will be subject to fines as per the fee schedule.

20. GAME REPORTS

20.1. The Game Report shall consist of both teams' Game Sheets, complete with the applicable Caution Forms, Dismissal Forms, Match Official Assault Forms, Special Incident Report Forms, and Permits. The Match Official(s) must sign all sheets.

- 20.2. In Youth divisions the completed Game Sheet shall show the final game score and identify the goal scorers and goal keepers. In Grassroots divisions the game score shall be recorded as 0-0 in RefCentre or the current match official management platform.
- 20.3. The Game Sheet, when complete, shall show any incident which resulted in a caution or ejection of a player or team official, or other Special Incident.
- 20.4. Game Sheets are required for all scheduled games. If a game is not played the Game Sheet(s) shall be filled in as completely as possible and the reason given why the game was not played.
- 20.5. Failure to provide the required equipment, including a Game Sheet, shall be noted on the Game Sheet and the team(s) may be subject to fines.
- 20.6. The match official is responsible for submitting the game report via RefCentre or the current match official management platform within 24 hours.
- 20.7. Notes may be put on the game sheet at the bottom for anything that needs to be reported to the office. This can include, but not be restricted to, questioning player eligibility, noting the TRRs were not checked, or attempts were made to check TRRs but the other team did not wish to check TTRs, etc.

21. STANDINGS

- 21.1. In league games in U14 and older divisions (including U13 in 2026), a team will be awarded 3 points for a win and 1 point for a draw. The team with the most points at the end of the regular league schedule shall be the division champion.
 - 1) If two (2) or more teams are tied on points, the tiebreaker will be determined based on the teams' season record against each other.
 - 2) If there is still a tie, a game will be played between the tied teams. Such a game will be arranged as quickly as possible by the league, preferably at a neutral location. The league will make all reasonable attempts to accommodate the needs of both teams, but the final date and location decided upon by the league will stand.
 - 3) Should a team not be able to field a team for the game, that team will forfeit and the other team will be declared the winner of the tiebreaker. The score shall be recorded as 2-0. The forfeiting team shall not be issued a fine.
- 21.2. A team forfeiting a regular season game shall lose the game 2 - 0 in addition to suffering any other penalties as per the fee schedule.
- 21.3. In accordance with the Ontario Soccer's Long-Term Player Development program, Grassroots scores will not be recorded and league standings will not be maintained.

22. CUP DAYS

- 22.1.** Cup Days are intended to be a fun way to celebrate the end of the season for the Youth divisions. All teams will have the opportunity to win the Cup based solely on the outcome of the days' games. Season standings will have no bearing on Cup Days.
- 22.2.** Teams unable or not wishing to participate in its divisional Cup Day must notify the league no later than 3 weeks prior to the event. If a team withdraws after this date, a fine will be imposed on its club according to the schedule of fees.
- 22.3.** Cup Day schedules will be structured as Round Robin games.
- 22.4.** Rules regarding Game Sheets and Game Reports apply to all Cup Day games.
- 22.5.** In Cup Day games a team will be awarded 3 points for a win, 2 points for a penalty shoot-out win, 1 point for a penalty shoot-out loss, and zero points for a loss in regulation time.
- 22.6.** There will be no ties. All games that are tied at the end of regulation time, will immediately proceed to a 3-player penalty shoot-out by using only players who were on the field at the end of regulation time. If the teams are still tied after each team has taken three penalty kicks, LOTG sudden-death penalty kicks will be taken until a winner is declared.
- 22.7.** The ranking of teams is based upon the total number of game points. Teams with the same number of game points will be ranked according to the following tie-breaker criteria:
- 1) Winner of the game between the tied teams (including a penalty shoot-out win)
 - 2) Most wins in regulation time
 - 3) Most goals for in regulation time
 - 4) Fewest goals against in regulation time
 - 5) Fewest losses including penalty shoot-out losses
 - 6) Most shut-outs for in regulation time
 - 7) Fewest shut-outs against in regulation time
 - 8) Fewest goals against in penalty shoot-outs
 - 9) Most goals for in penalty shoot-outs
 - 10) A single coin toss performed by a tournament official

23. REFEREES

- 23.1.** Match Official fees shall be set to concur with those set by the District.
- 23.2.** Travel compensation may be set by the League. Rates will be determined by travel between

clubs' home fields. Rates must not be in excess of those set in the most recent Ontario Soccer Game Fees and Assigning Protocol.

- 23.3. A Match Official may not turn back an appointment less than 72 hours prior to game time unless approved by the assignor and/or the Head Referee.
- 23.4. Every attempt should be made to avoid a conflict of interest when match officials are assigned. However, due to the limited availability of match officials, match officials with a conflict of interest may be assigned when there is no other option in order to ensure the game is played.
- 23.5. Should the match official assigned to centre not attend or become ill, injured or otherwise not able officiate the game, the game shall be abandoned **unless** another qualified match official is present with the required equipment **or** the coaches of both teams agree on another person who is willing to act as the match official.
- 23.6. Match officials shall adhere to a uniform consisting of a black jersey, black shorts (no "booty shorts"), and referee socks (cover the entire shins). Referees not in uniform may be subject to a disciplinary fine. Clubs who issue uniforms to their referees and learn a referee was not in the provided uniform may take additional actions as they see fit.

24. VIDEO REVIEW

- 24.1. The League does not have the means nor rights under FIFA to employ VAR (Video Assisted Match Official). Video review of a disputed call by a match official shall not be permitted.
- 24.2. Video evidence in a discipline hearing or protest may be permitted under the rules and regulations of the governing body overseeing the hearing or protest.

25. PROTESTS

A Protest Panel shall hear all protests arising out of any game within the League. The Protest Panel shall consist of at least three (3) members of the Board and/or Discipline Panel whose home club is not involved.

The Protest Panel will deal only with matters raised in the Protest. Any other issues that arise (e.g. Discipline) will be dealt with at subsequent hearings as may be necessary.

Any protest concerning ineligible players must be noted on the official game sheet at first opportunity indicating when the player in question arrived i.e. start of game, first half, halftime, or second half. If this is not noted on the game sheet the protest will not stand.

Failure to meet the following submission requirements will result in the protest being disqualified:

- a) The protest fee, as per fee schedule, must accompany any protest.

- b) Intention to file a protest shall be recorded within 72 hours of the game to which it relates by emailing the League, including all pertinent details.
- c) The written protest must be filed on a Match Protest Form, counter-signed by a Club official, and addressed to the League President.
- d) The protesting team must send a copy of the written (digitally or in print) protest to its opponent in the game being protested within three (3) working days. The protesting team bears the responsibility of presenting proof of delivery if questioned.
- e) No responsibility shall be assumed by the Board for protests not received within the specified time period.

Any protests relating to the grounds, goal posts, crossbars, ball, colours or other appurtenances of the game shall not be entertained unless notice of complaint was lodged with the match official prior to the game or at the time it was discovered during the game. The match official shall record details of the complaint on the game report immediately upon being informed. The match official shall require that the cause of the objection be rectified by the team responsible (or by the teams) if this can be accomplished without unduly delaying the game. The match official may abandon the game if rectification is not possible and to continue would, in his/her opinion, be dangerous or otherwise unfeasible.

The decision by the Protest Panel on a protest may only be overturned by appeal to EOS or higher body in accordance with that body's rules.

In the event that the League or a higher governing body takes disciplinary action (charges with a misconduct) which pertains to the matter being protested, and the accused does not attend the hearing, the Protest Panel shall make a decision based on the information provided in the written protest and information provided at the Protest meeting.

The Protest must identify the section of the Rules and Regulations being protested.

The quality of match officiating or the lack of assistant match officials is not something that can be protested.

Protests made during playoffs should not be expected to result in a game being replayed.

26. DISCIPLINE

If authorized to do so by EOS, the Board shall be delegated responsibility for discipline and appoint a Discipline Committee to deal with infractions occurring at games under the jurisdiction of the League but not including misconduct directed at game officials.

The rules and procedures followed for discipline shall be those as established by Ontario Soccer and as set out in the Published League Discipline Procedures.

The Discipline Committee shall be empowered to bond, fine, suspend or deal with in accordance with Ontario Soccer's Published Rules those Clubs, teams, players or Club officials whom it shall find guilty of any form of misconduct. The notification of the hearing shall include a complete listing of the charges to be faced, including appropriate references to this and other applicable constitutions.

All unpaid fines and fees at the end of each season (received by an individual or organization under the jurisdiction of a Club) will be the responsibility of the Club.

Standard Penalties for yellow and red cards shall be the same as in Ontario Soccer's Discipline Policy.

27. REPRESENTATIVE GAME

Clubs/teams shall release their players to play for Provincial or National Representative teams if so selected in accordance with Ontario Soccer's Published Operational Procedures

28. ADDITIONAL RULES

- 28.1. The Board may amend, clarify, add or delete by majority vote at a Board meeting, additional rules and regulations pertaining to any or all divisions of the League provided that they are sent to the clubs and teams concerned before the start of the season during which they are to have effect.
- 28.2. The Board may make emergency rulings during the season on matters not currently covered by the existing rules and regulations. These rulings must be communicated immediately to the membership and will be enforceable on a moving forward basis, and not on a retroactive basis.

Such Rules, Regulations and Rulings shall have effect for the current season only and may be subject to ratification at the next Annual General Meeting.

- 28.3. The League may, at its discretion, levy fees for the provision of services to its members.

APPENDIX A: POLICIES

GLASSES

The wearing of safety/protective equipment, eg. safety glasses, by players shall be permitted where it is deemed by the match official as not constituting a hazard. Such equipment shall be examined on the individual merits of the player and level of competition.

HEARING AIDS

Hearing aids are a necessary accommodation for many hard-of-hearing players. Removing them creates an issue of safety for the player and creates a barrier to participation. Hearing aids will be permitted.

JEWELRY / MEDIC ALERT ID

All jewelry items, including rings, bracelets of any material, earrings, metal barrettes, bobby pins, etc. shall be removed before the game as per LOTG Law 4.1.

Any items identifying medical conditions ie. Medical Alert bracelets, necklaces, etc., should not be removed; however, they do need to be taped down on the player. Any such items are to be identified to the match official before the start of the game in accordance with the LOTG and Canada Soccer rules.

CASTS

Players wearing hard casts, even wrapped, are not permitted to play. Players wearing a soft cast will be permitted to play if the cast does not present a danger to him/herself or any other player. All casts must be adequately padded by suitable material such as foam or “bubble wrap” as per LOTG Law 4, and Canada Soccer Cast Policy.

WEATHER

a. Electrical Storms

The League shall follow Canada Soccer’s published Lightning Safety/ Severe Weather Policy ([https://canadasoccer.com/match official/match official-resources/](https://canadasoccer.com/match%20official/match%20official-resources/))

b. High Humidity

Games will be canceled and rescheduled under the following circumstances:

- U10 & U12: Humidex is 37 or higher
- U14+: Humidex is 40 or higher

This decision shall be made by the League at 4:00 pm based on Environment Canada's projected humidex for 7:00 pm in Pembroke.

c. Water Breaks

A Coach can choose to request or a Referee can decide before kick off to set a water break. Approval will be at the discretion of the Referee.

The VUSL mandates water breaks at a natural stoppage when the temperature exceeds 34 degrees Celsius or humidex of 36 degrees Celsius.

d. Air Quality Safety

Air quality decisions will be based on a club-by-club basis using the following:

- Local Air Quality Health Index (AQHI) will be observed at 4:00 pm.
- If the local AQHI is 7 or higher, home games shall be rescheduled.
- Match Officials maintain the right to abandon the game under LOTG 5.7 should they feel conditions are not safe or have become worse.

TROPHIES

Team trophies, cups and shields are the property of the League. They are presented to the appropriate winners on an annual basis on the condition they be engraved with the name of the club and year won and that they be returned.

Each club must ensure that all League property presented to a representative of their Club is returned to the League prior to July 1st of the following season. Failure to do so will result in the Club being fined as per the fee schedule.

Trophies will be presented at the end of the season to the teams with the highest and second highest standings in their division. These trophies will be titled "Season Winner" and "Season Runner-up" to avoid confusion with the cups.

A Cup will be presented to the team that wins their division on Cup Day.

APPENDIX B: ID Check Process

1. Coaches are to exchange TRRs.
2. Compare player and team official information on the game sheet to information on the TRR, including the player and team official photos that are on the TRR
3. If you notice a discrepancy, inform the centre match official. The match official must note it on the bottom of the game sheet
4. If you believe the player to be ineligible, notify the player and their team official. The complaining team should protest according to the normal protest procedures.

APPENDIX C: Coach and Match Official Cheat Sheet

| | | Division | | |
|-------------------------------|-------------------------------|---|---|------------|
| | | U10 | U12 | U13-U18 |
| Scores & standings | | No | No | Yes |
| Ball size | | 4 | 4 | 5 |
| # of players | Max. on field | 7 | 9 | 11 |
| | Min. on field | 5 | 6 | 7 |
| | Maximum on game roster | 15* | 18 | 20 |
| Half Lengths | | 25 minutes | 35 minutes | 40 minutes |
| Half-time | | 5 minutes | Maximum 10 minutes | 5 minutes |
| Throw- or kick-in | | Kick-in / Dribble-in | Throw-in | Throw-in |
| Substitutions | | With referee's permission, at half-time, on goal kicks, after a goal, on your own team's throw/kick-in, on opposing team's throw/kick-in if they sub first, any stoppage to replace an injured player; no limit on number | | |
| Retreat Line | | (1/3 of the field) | Opposing players must be outside the penalty area | |
| Offside | | No | Yes | Yes |

* Number permitted with special dispensation from Ontario Soccer. If no dispensation is provided or other permission given from the district, the numbers shall be in accordance with current Ontario Soccer Operating Procedures.

APPENDIX D: FIELD LAYOUT FOR GAMES



Technical Area

- no more than 1 m (or yd) on either side of team "bench"
- at least 1 m (or yd) from touchline

Spectators

Must sit on the opposite side from the teams

Assistant Referees

Must be given room to run without hindrance by teams and spectators

